



The 36 Questions

Inspired by Dr. Arthur Aron's study on intimacy, these questions are designed to facilitate deep conversations, strengthen emotional bonds, and rekindle the flame of love. By dividing them into three sets, you can take the time to savour each session, allowing the magic to unfold gradually and meaningfully.

Set 1

1. Given the choice of anyone in the world, whom would you want as a dinner guest?
2. Would you like to be famous? In what way?
3. Before making a phone call, do you ever rehearse what you are going to say? Why?
4. What would constitute a perfect day for you?
5. When did you last sing to yourself? To someone else?
6. If you were able to live to the age of 90 and retain either the mind or body of a 30-year-old for the last 60 years of your life, which would you choose?
7. Do you have a secret hunch about how the universe works, or do you believe in fate and destiny?
8. Is there something that you've dreamed of doing for a long time? Why haven't you done it?
9. What is the greatest accomplishment of your life?
10. What do you value most in a friendship?
11. What is your most treasured memory?
12. If you could change anything about the way you were raised, what would it be?

Set 2

13. What roles do love and affection play in your life?
14. What, if anything, is too serious to be joked about?
15. Share three things that you consider non-negotiable in a relationship.
16. How do you feel about your relationship with your family?
17. What is your most cherished quality about yourself, and how has it influenced your life?
18. Take four minutes to tell your partner your life story in as much detail as possible.
19. If you could wake up tomorrow having gained any one quality or ability, what would it be?
20. Is there a particular dream or aspiration that you've never shared with anyone? Why?
21. What does friendship mean to you, and how do you cultivate it in your life?

- 22. What are your thoughts on keeping secrets from your partner? How do you define the boundaries of privacy?
- 23. Describe a special and meaningful experience you would like to share with your partner in the future.
- 24. What, if anything, is too serious to be joked about?

Set 3

- 25. If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?
- 26. Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?
- 27. Share a personal problem with your partner and ask for their advice on how to approach it. Also, ask them how they think you're feeling about the problem you have chosen.
- 28. Tell your partner something that you appreciate about them that you have never shared before.
- 29. Is there something that you've dreamed of doing for a long time? Why haven't you done it?
- 30. With your partner, revisit a significant and positive memory from your past. Relive it in detail together.
- 31. Take turns sharing a personal goal or dream you have. Describe how you envision achieving it and how your partner might support you.
- 32. What is your definition of a perfect day spent together?
- 33. If you could change anything about the way you were raised, what would it be?
- 34. Share your vision of what a loving and fulfilling future together would look like.
- 35. If you could wake up tomorrow having gained any one quality or ability, what would it be?
- 36. Close your eyes and imagine your partner five years from now. What do you see? How do you envision your love and connection evolving?